

Courses, seminars & events
September 2021 – July 2022

Jami
The Mental Health Service for our Community

Jami's vision is a Jewish community which accepts, acknowledges and understands mental illness. A community in which Parity of Esteem is a reality and an environment which helps not hinders recovery. We provide education about mental health to everyone in the community and support to those affected by mental health problems.

Contents

About Jami	2
About Jami Education	2
Our Communal Partners	4
Course Guide	6
Community & Peer Education	8
Outreach	24
Teachers, Educators & Youth Workers	26
Workplaces	28
Working & Volunteering in Mental Health	30
Mental Health First Aid	34
Carers & Families	36
Mental Health Awareness Shabbat	39
In the Hub	40
Booking information	46
Head Room Café Online	47

About Jami

Welcome to Jami Education 2021/22

We hope you enjoy flicking through our brightest, boldest and most diverse Jami Education prospectus yet.

Peers and Communities – Recognising and Celebrating Our Connections

This year we are focusing on community and peer education. We need each other to grow and in the best tradition of Jewish learning, to challenge with compassion and debate: What does mental health mean to us? How can we work towards more equality, less stigma and discrimination in our communities?

Jami has a vibrant and active learning community which includes peer users, the wider Jewish communities and beyond. Our virtual programme has enabled us to deliver our work across the globe alongside our much loved and valued homegrown learners in the UK.

We have simplified the structure of our programme to make it more user friendly. So, make this the year you learn and grow with us. We cannot wait to see you.

About Jami Education

The Education team reaches out to provide learning and engagement for adults and young people across the community.

We are passionate educators and facilitators, providing conversations and courses about mental health. We are able to work with organisations and individuals, so take a look at what we have to offer and be inspired.



Jami Education 2021 Prospectus Launch Night

There is so much happening in Jami Education this year. This prospectus is your guide to all of it, but if you would like to hear more directly from the team behind it please join us and special guests. We will introduce the different themes within the prospectus and tell you more about some of our highlights of the year.

Join us as we launch this year's exciting programme.

Date: Thursday, October 14, 2021

Times: 5:30 pm – 6:15 pm

Location: Online via Zoom webinar

Cost: Free

seminars & events
2021 – July 2022

J
The Mental Health

Our Partners

Jami works with synagogues to raise awareness, challenge stigma, and educate the community. Would you like to sign up to this inclusive vision? You can become a Jami Community Action Partner committing to hosting training

and education to enable your community to better support each other's mental health. We welcome partners from across the Jewish spectrum.

We also work with a range of organisations to ensure that mental illness is understood and supported. Get in touch to work to improve the mental health of your workplace, charity or business.



42nd Street



AJR



BBYO



Belmont United Synagogue



Bnei Akiva UK



Board of Deputies of British Jews



Central Square Minyan



ECJC



Edgware United



FZY



Grief Encounter



Hampstead Garden Suburb United Synagogue



Jewish Bereavement Counselling Service



Jewish Care



Jewish Leadership Council



Jewish Museum London



JW3



KEF



KeshetUK



Kinloss US

2021 – 2022



Kisharon



Kol Chai



Liberal Judaism



Limmud



Maccabi GB



Magen Avot



Mavar



Mill Hill United Synagogue



The Movement for Reform Judaism



Noa Girls



Noam



Norwood



Project Impact



RSY-Netzer



Sha'arei Tsedek



Shenley United Synagogue



Sinai Youth



South Hampstead Synagogue



Streetwise



The Ark Synagogue



The United Synagogue



Tribe



UJIA



Union of Jewish Students



United Synagogue Jewish Visiting



Woodford Forest United Synagogue



Work Avenue

Course Guide

We have courses for the whole community.
This is a guide to help you find the right one for you.

Community & Peer Education

Join us for courses and events that cover a huge range of mental health related areas. You'll also find information about our new Peer Education Night School in this section. Let's learn together about how we can take care of ourselves and each other.

See pages 8–23



Outreach

You don't have to come to us, let us come to you. If you'd like a session for your synagogue, youth group, or any other Jewish community, take a look at what we can offer. If what's here isn't quite what you're looking for, please get in touch and we can talk about your needs.

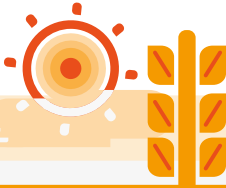
See pages 24–25

Teachers, Educators & Youth

Specifically developed training courses for teachers and educators working with young people. Learn about mental health in young people – including Mental Health First Aid courses. We also provide online briefing on our new Guidance for Schools on Suicide and Sudden Traumatic Death.

See pages 26–27





Workplaces

It is now widely understood that for any employer to thrive, they need to prioritise the mental health of their staff. Do your staff have the skills to support their colleagues when they are struggling? Jami Education can help you level-up your mental health literacy and give your business a boost. Take a look at some of what we can offer and please get in touch to discuss your needs.

See pages 28–29

Working & Volunteering in Mental Health

Whether you work or volunteer in mental health, you will always be able to benefit from continuing to learn. Gain skills to help you become more effective in your role, as well as helping you sustain your own mental health when giving to others.

See pages 30–33

Carers & Families

Caring for someone with mental illness, child or adult, can be extremely demanding. Working with Jami's Carer & Family Service, we are offering a selection of courses to help you take care of your own mental health while taking care of others.

See pages 36–38

Mental Health First Aid

Want to improve your knowledge and be able to offer support to others? We offer a range of different courses as part of the accredited Mental Health First Aid programme.

See pages 34–35

Information On Booking Your Course

Our courses usually fill up quickly so please book to secure your place at [**jamiuk.org/events**](https://jamiuk.org/events)



A background image of two men sitting at a table, engaged in conversation. The man on the left is bald with a beard, wearing a light-colored sweater over a collared shirt. The man on the right has dark hair and is wearing a dark shirt. They are both smiling and looking at each other. The image is overlaid with a semi-transparent red filter. A white rounded rectangle is positioned in the upper center, containing the title text.

Community & Peer Education

“

Good reminder that Jami are there for me and our community in the future. Made me feel that I was not alone with the anxieties of Covid.

”

Community Change Through Peer Support

Peer Support happens when people make a connection that feels equal, mutual, and safe. It happens when ordinary people share a sense of “you get me”. Being a Peer means listening without judgement and empowering each other to get the most from life.

Join us to find out more about this way of giving and receiving mental health support and Jami's plans to bring Peer Support into our lives and our communities.

Mondays, 6.30 – 8.30pm

7 Feb 2022 | **4 Apr 2022**

Online via Zoom

20 Jun 2022

In person in North West London

Cost: Free

Conversations East



This Jami event is inspired by the French café-debat. Thierry Bonfanti the French psychologist and thinker created the café-debat (coffeehouse debate) in the 90's. This event was started by people living and working in East London but everyone is welcome. The group decides what to discuss, facilitated by members of the Jami team.

Please email education@jamiuk.org for joining instructions

Wednesdays at 6.00pm – 7.00pm

Online via Zoom

Get Together

Join our Get Together to take part in the conversation around mental health and its intersection with the different aspects of our lives. Our monthly discussion group for 18 – 32-year-olds is perfect for anyone who would like to join our community who share their passion for discussion on mental health and societal issues.

If you'd like to join the Get Together mailing list, please email education@jamiuk.org.

Tuesday, September 14, 2021
Tuesday, October 19, 2021
Tuesday, November 16, 2021
Tuesday, December 07, 2021
Tuesday, January 18, 2022
Tuesday, February 15, 2022
Tuesday, March 15, 2022
Tuesday, April 19, 2022
Tuesday, May 24, 2022
Tuesday, June 21, 2022
Tuesday, July 19, 2022

Times: 6:30 pm – 7:30 pm

Location: Online via Zoom

Cost: Free

Writers' Open Mic Night



Do you fancy yourself as a budding writer or poet or do you prefer to be in the audience? Join us for our writers' open mic night. Sit back, relax, have a drink and a bite to eat whilst our writers and performers share with you some of their own work.

Interested in reading your work? Please drop us a line at education@jamiuk.org to join our list for the night.

Thursdays, 8:00 pm – 9:00 pm

7 Oct
2021

25 Nov
2021

13 Jan
2022

3 Mar
2022

21 Apr
2022

9 Jun
2022

14 Jul
2022

Online via Zoom

Cost: Free

Young Adult Webinar #1: Confidence & Self Esteem



Confidence is a trait many of us aspire to. A lack of it may hold us back from setting our boundaries or advocating for ourselves. So, what do we need for our confidence to shift us from surviving to thriving? Are there certain situations where we feel more confident? Or does it depend on the group of people we are with? And what tools can we develop to start building our confidence?

**22 Nov 2021
Monday**

5:15 pm – 6:15 pm

Online
via
Zoom

Cost: Free for anyone who has used Jami services in the last three months; otherwise, suggested donation: £10

Menopause and Mental Health



Known to previous generations as 'the change' the menopause has hit the headlines. Women are having a radical new conversation about how this biological transition is impacting on their mental health. Menopause can trigger episodes of debilitating anxiety as well as the type of symptoms we associate with depression. Women can also suffer from lowered self-esteem and self-efficacy as those around often do not understand the full impact, leaving them isolated.

If you or someone you are supporting is going through mental health challenges around the menopause, please join the conversation.

**8 Dec 2021
Wednesday**

7:30 pm – 9:00 pm

Online
via
Zoom

Cost: Free for anyone who has used Jami services in the last three months; otherwise, suggested donation: £10

Mental Health for New Parents



With a new baby in our arms, sleep deprivation, postpartum recovery, and the responsibility for another life, it can be even harder to find the time to check in with our mental health or invest in self-care. Join us to explore the emotional ups and downs of this milestone. How can we navigate the challenges to looking after ourselves?

12 Jan 2022
Wednesday
7:30 pm – 9:00 pm

Online
via
Zoom

**Cost: Free for anyone who
has used Jami services in the
last three months; otherwise,
suggested donation: £10**

Anxiety



Most of us have our own experiences with anxiety, particularly when our stress levels rise. We often use anxiety and anxiety disorder interchangeably. So, what's the difference between a normal level of anxiety we all feel and a diagnosable anxiety disorder? And how can we provide support to those who experience anxiety and panic attacks?

21 Feb 2022
Monday

6:30 pm – 8:00 pm

Online
via
Zoom

Cost: Free for anyone who has used Jami services in the last three months; otherwise, suggested donation: £10

Young Adult Webinar #2: Communication & Assertiveness



Assertiveness and the way we communicate are integral to how we connect with the world around us. Feeling unheard or unable to speak up for ourselves can leave us feeling invisible or unimportant. Join us to explore the different situations where we may struggle to communicate, what may be holding us back and how we can assert ourselves more effectively.

7 Mar 2022
Monday

5:15 pm – 6:15 pm

Online
via
Zoom

Cost: Free for anyone who has used Jami services in the last three months; otherwise, suggested donation: £10

Holocaust Trauma and Collective Memory

"The sea of grief has no shores, no bottom; no one can sound its depths." Primo Levi

"At the blueness of the skies and in the warmth of summer, we remember them."

From *We Remember Them* by Sylvan Kamens & Rabbi Jack Reimer

Following conversations on the Holocaust during our Trauma seminar in 2020/21 we are teaming up with AJR and Shalvata to delve further. We ask how has the Holocaust impacted on mental health and what services or support can help intergenerational needs? There will be readings from AJR's My Story Project and special insights from those working to support both survivors and next generations. Please show your support by joining us for this very special educational encounter.



22 Mar 2022
Tuesday
2:00 pm – 4:30 pm

Online
via
Zoom

Cost: Free

LGBT+ Roundtable



We are teaming up with Keshet UK to host this roundtable discussion on the current issues facing LGBT+ people in the Jewish community, and the impacts on their mental health. The discussion we have at this event will influence the design of our later course 'LGBT, My Mental Health and Me'. So come along, discuss things that matter with like-minded individuals and make your voice heard.

3 Apr 2022
Sunday
6:00 pm – 7:30 pm

Online
via
Zoom

Cost: Free

Creative Routes



Join us online for our multi week writer's course. Are you a writer of prose or poetry? Would you like to develop your literary talents and skills? This year we'll be including the new writing craze, blog posts as part of the course alongside the more traditional forms of poetry and prose. We welcome writers at any stage.

Tuesdays 6:00 pm – 7:30 pm

**5, 12,
19, 26 April
2022**

Cost: Free for anyone who has used Jami services in the last three months; otherwise, price is £25

Online via Zoom

Young Adult Webinar #3: Decision Making & Prioritisation



Too many options are not always a good thing. When we are stressed, we may struggle to make decisions even more. Our thinking can become clouded and we may find it hard to decipher which is the best option for us, whilst considering the opinions of others. When we make decisions, we may also need to consider our priorities and what we may need to stop or pause for a while. Come along to uncover the secrets of effective decision making and how to prioritise in order to maintain balance in our lives.

**9 May 2022
Monday
5:15 pm – 6:15 pm**

Online
via
Zoom

Cost: Free for anyone who has used Jami services in the last three months; otherwise, suggested donation: £10

LGBT+, My Mental Health and Me

We know that people belonging to minority communities which face discrimination are at a higher risk of experiencing poor mental health; the LGBT community are no exception.

Come and join us for a multi week course for those of us identifying as LGBT with lived experience of mental health issues. Explore how we as LGBT Jews can support our mental health and wellbeing.

Cost: Free for anyone who has used Jami services in the last three months; otherwise, price is £25



18, 25 May 2022
Wednesday

1, 8, 15 Jun 2022
Wednesday

6:00 pm – 7:30 pm

Online via Zoom

The Flawed Hero



A chance to discuss, create and motivate each other. Ancient myths are full of heroes who struggle on their mission due to their flaws. We have our own flawed heroes in the Jewish tradition like the prophet Jonah. These flaws make heroes spring to life and so relatable to us. Join us for an afternoon workshop to discover what flawed heroes teach us about ourselves and how they can inspire us to take on the challenges ahead. Bring a pen and paper as we'll be using writing as well as discussion to explore.

7 Jun 2022
Tuesday

4:00 pm – 7:30 pm

Online
via
Zoom

Cost: Free for anyone who has used Jami services in the last three months; otherwise, suggested donation: £10

Peer Education Night School

We're excited to launch this new programme: run by peer educators with lived experience, it is designed to bring together like-minded people to talk about the things that matter.



“

We know the huge value that comes with peer to peer education. Our new Night School will bring the best from our interactive programme together with highly skilled peer practitioners. Join us as we create an online community that promotes learning and connection. ”

Philippa Carr, Education Manager

Imposter Syndrome



Ever feel like you don't know what you're doing?
Held back by a limiting ideal of perfection?
Scared you will be called out by others as not good enough at what you love to do?

These difficult thoughts and ideas are part of our growing understanding of so-called Imposter Syndrome a self-limiting and anxiety provoking way of thinking that can hold us back from moving forwards.

Join us to share your experiences and learn new coping strategies.

2 Nov 2021
Tuesday

7:30 pm – 9:00 pm

Online
via
Zoom

Cost: Free

Understanding Radical Self-Care

Self-care is finally taking its rightful place in our zeitgeist. It may feel like a relatively new part of the conversation as we talk more about mental health. Yet ideas about self-care can be linked back to the Greek Philosophers of Ancient Athens and traced through the philosophy of Michel Foucault and activism of Audre Lorde. In a time when self-care is often re-packaged as a bubble bath or scented candles, let's go back to our roots. Join us to explore how self-care has evolved in modern times; what we may have lost in the process and the importance of self-care for our self-prioritisation and self-esteem.



30 Nov 2021
Tuesday

7:30 pm – 9:00 pm

Online
via
Zoom

Cost: Free

Climate Change and Mental Health



Nature isn't just crucial for our mental health, it's also fundamental for everything we need as humans. We all know that nature is under threat. And if you're a millennial then you've probably grown up with exposure to warnings about climate change and ecological crisis. So, how can we understand the problem to raise awareness and drive change? And how can we do so whilst looking after our mental health and protecting against possible feelings of overwhelm, powerlessness and anger?

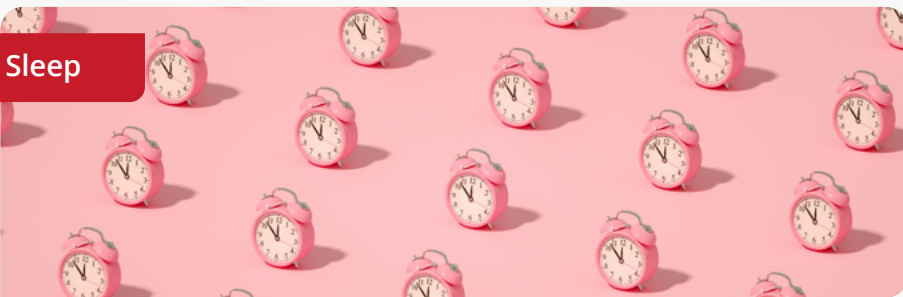
14 Dec 2021
Tuesday

6:30 pm – 8:00 pm

Online
via
Zoom

Cost: Free for anyone who has used Jami services in the last three months; otherwise, suggested donation: £10

Sleep



The quantity and the quality of our sleep is integral to both our physical and mental health, yet it continues to elude us. The Great British Sleep Survey 2020 reported that only 11% of British adults regularly sleep soundly through the night and 45% still feel tired on waking up. A better understanding of the importance sleep, optimal conditions for rest and what prevents us getting a good night's sleep could be beneficial. Join us to uncover (no pun intended!) how we can increase those all-important Zzzzz's.

25 Jan 2022
Tuesday

7:30 pm – 9:00 pm

Online
via
Zoom

Cost: Free

Digital Wellbeing



We're becoming increasingly reliant on online technology. Whether for remote working, socialising, learning and even our mental health. From emailing to streaming music, TV to online gaming and video calls to social media. What might be the impact on our wellbeing? How can we set boundaries when life is so often lived online? And how can we manage screen fatigue and the impact of social media usage?

11 Jan 2022
Tuesday
7:30 pm – 9:00 pm

Cost: Free

Online
via
Zoom

Empathy Fatigue



Empathy or compassion fatigue can occur when we care or support others. Particularly when we neglect our own needs, or they become secondary. What are our experiences of empathy fatigue? How may it impact us? And how do we make time for ourselves when we're looking after others?

1 Mar 2022
Tuesday

7:30 pm – 9:00 pm

Cost: Free

Online
via
Zoom

Stress & Mental Health



What's the difference between a 'stressor' and psychological stress? How do you know whether your stress levels are sustainable? Do you feel frequently 'on edge', as if you are waiting for the next piece of bad news to arrive in your inbox?

Stress is unavoidable, we all experience it at some point or other. Sometimes we have more resources available to deal with stress than at others. If we are already living with mental ill-health we may find that our stress levels feel unbearable at times.

Join us to discuss this bugbear, learn new coping mechanisms and get mutual support.

11 Apr 2022
Monday

7:00 pm – 8:30 pm

Cost: Free

Online
via
Zoom

Asserting Boundaries



We can think about boundaries as the line we draw in the sand between what we are and are not comfortable with. What do we need to do to sustain our relationships? Everyone's boundaries will be individualised and will be needed in different areas of their lives. Join us to consider boundaries, how we can assert them, where we may need them and why they are important for our mental health.

17 May 2022
Tuesday
7:30 pm – 9:00 pm

Online
via
Zoom

Cost: Free

Supporting Others



Supporting each other is more important than ever. Having a peer, who has lived through similar experiences, can make all the difference. It may help us feel less alone and understood. Join us to consider the powerful role of a peer and pick up skills to provide appropriate support to those around you.

13 Jun 2022
Monday
7:00 pm – 9:00 pm

Online
via
Zoom

Cost: Free

The Thinking Mind



Our thoughts and feelings are intrinsically connected, which in turn can impact our behaviour. By understanding this connection, we can make and break habits, press pause on overthinking or try and combat negative thoughts. Join us to explore thoughts, feelings and behaviours and what it means for our mental health.

4 Jul 2022
Monday

7:30 pm - 9:00 pm

Cost: Free

Online
via
Zoom

Outreach

“

The trainer was excellent: enthusiastic and knowledgeable about her topic. She was very articulate and managed to get everyone to relate to the material very well.

”

B'nei Mitzvah



Jami Education's B'nei Mitzvah session on Mental Health Awareness would be a great complement to your synagogue's B'nei Mitzvah programme. The content and style of our one-off session is tailored specifically for the Bar/Bat Mitzvah age group, introducing them to key mental health concepts and messages in an accessible, interactive and relevant way.

Cost: Free for synagogues

Mental Health in Communities

Increase mental health knowledge and understanding to enable community members to respond appropriately to those with mental health concerns. Create a more skilled and compassionate community, able to listen effectively and respond sensitively explore the new uncertainties we are facing, how we can manage them effectively and take back some control. Understand how the Covid-19 outbreak will have an ongoing impact on our mental health and relationships

Cost: Please get in touch to discuss pricing for your community. We aim to make this training affordable for all

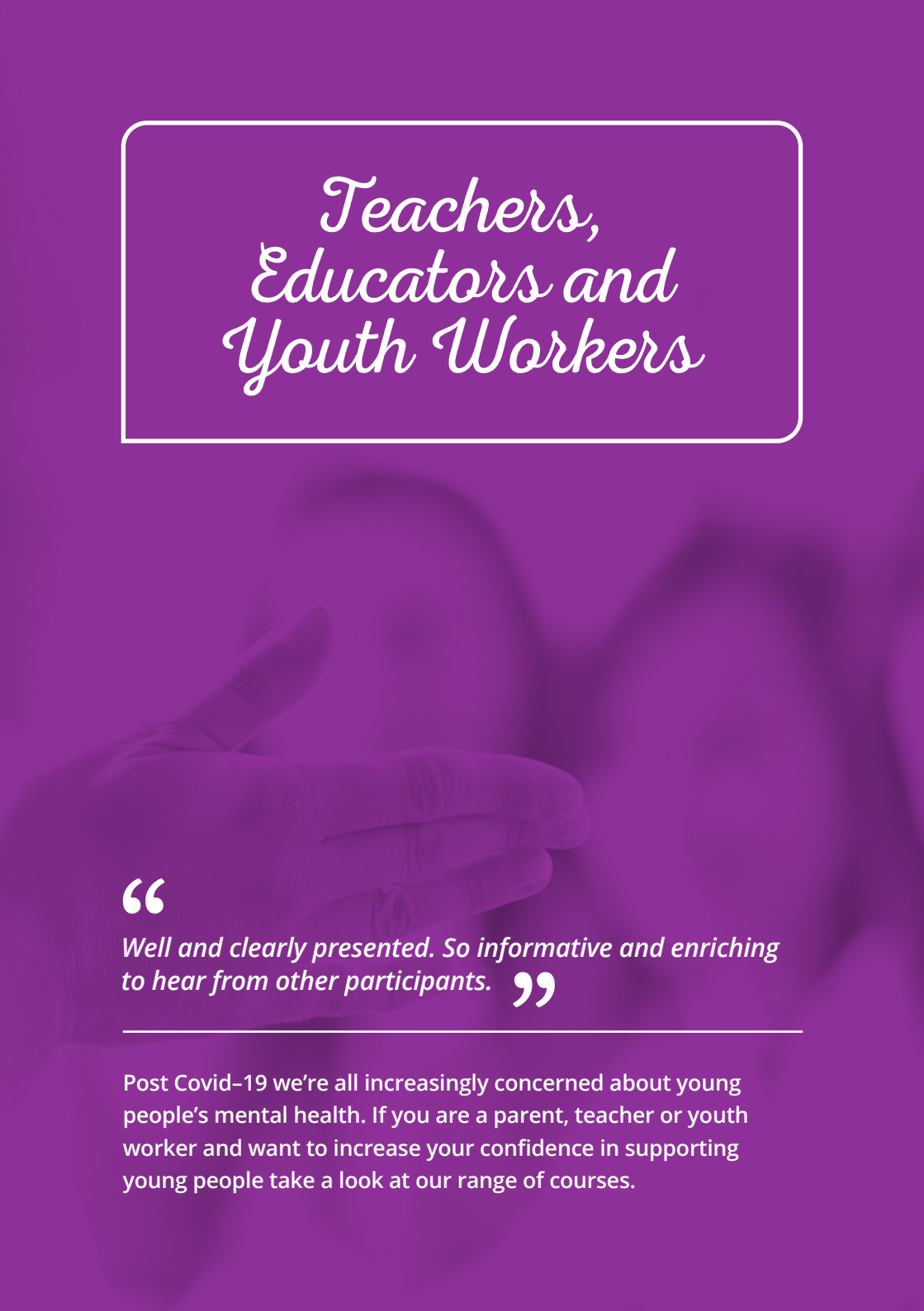
How about booking Head Room To Go alongside our Education Outreach Courses and Events. Contact headroomcafe@jamiuk.org for more details

Mental Health Myth Busting

Young people are increasingly at the forefront of mental health discussions. They want to be part of the conversation; helping to combat stigma and provide appropriate support to their friends. They have the power to create change and inspire others to look after their mental health. In this session we will bust myths around mental health, introduce self-care and explore how young people can support their friends.

Cost: Free for synagogues

Suitable for all youth 11 plus



Teachers, Educators and Youth Workers

“

Well and clearly presented. So informative and enriching to hear from other participants. ”

Post Covid-19 we're all increasingly concerned about young people's mental health. If you are a parent, teacher or youth worker and want to increase your confidence in supporting young people take a look at our range of courses.

Mental Health First Aid

Jami provides a range of accredited Mental Health First Aid courses (MHFA) including the one day Youth Champion and the two day Youth Mental Health First Aid. MHFA courses are great opportunities for learning and development.

Please email us for more details of finding the right course for your school or youth organisation.



Youth Wellbeing Training

Join us for an introduction to the key concepts included in our youth wellbeing pack. During the training we will explore the interplay between mental health and wellbeing in a Jewish youth setting with a focus on the camp environment. We will also consider how we can boost the wellbeing of both our chanachimot and madrachimot alongside best practice tips and suggestions for age-appropriate activities to raise awareness and combat stigma.



Cost: Free for anyone working with young people.

To obtain the pack, please visit jamiuk.org/youth-wellbeing

ERIC briefings on Trauma and Suicide

One hour briefing sessions helping schools put in place the recommendations of the ERIC guide and understand the impact of trauma on our school communities.

ERIC (Emergency Response Initiative Consortium) is co-ordinated by Jami in partnership with Norwood, CST, JBCS, Grief Encounter and Pajes.

If you are working in a school and would like a copy of the guide Coping with Suicide and Sudden Traumatic Death email education@jamiuk.org

briefing sessions

5:00 pm – 6:00 pm

Wednesday

13 Oct 2021

Tuesday

18 Jan 2022

Tuesday

15 Mar 2022

Monday

16 May 2022

Online via Zoom

Cost: Free for anyone working with young people



Workplaces

“

Makes me think about my own mental health more. As a manager I think I've always felt I've needed to be strong and not thought about myself enough.

”



Understanding and Using Empathy

Empathy is one of the five key components of emotional intelligence, a vital leadership skill. In this session we will explore what empathy is and how and why it should be used in the workplace. This is about understanding how others see the world, which may be different to the way we see it, and using this knowledge to help people achieve their goals.

Used in the right way, empathy can promote mental wellbeing and increase productivity from your staff and help to build better relationships with your customers.

Mental Health First Aid Adult Champion

This one-day course trains you as an MHFA Champion, giving you: an understanding of common mental health issues; knowledge and confidence to advocate for mental health awareness; ability to spot signs of mental ill health, and skills to support positive wellbeing. You will get a certificate of completion and an extensive manual to refer back to. This course is ideal for anyone looking to learn practical skills to support others with their mental health, for example in your workplace.



Mental Health Awareness in the Workplace

- Increase mental health knowledge and understanding to enable staff to act appropriately to those with common mental health disorders such as anxiety disorders and depression
- Create a more skilled and a compassionate workforce able to listen effectively and respond sensitively and appropriately to those going through mental illness and distress
- Recognise burnout in ourselves and colleagues and be able to respond helpfully
- Explore the new uncertainties we are facing, how we can manage them effectively and take back some control
- Understand how the Covid-19 outbreak will have an ongoing impact on mental health at work



Working & Volunteering in Mental Health

“

*This will help me in the future when I speak to my clients,
and enable me to answer some of their questions.*”

Boundaries (intro)



Being able to recognise and assert our own personal boundaries is key in developing and maintaining healthy relationships, which help us to protect ourselves and the people around us. Please join us in exploring the purpose of boundaries, how they differ depending on relationship type, as well as learning some essential tools for setting boundaries.

18 Oct 2021
Monday
7:30 pm – 9:00 pm

Online
via
Zoom

Cost: Free for current Jami volunteers, otherwise £25

Safeguarding



When we work with people, from time to time we might hear things that are concerning to us regarding their safety. This course provides a platform to explore the principles of safeguarding, why it is important and a framework for practical steps we can take to manage safeguarding issues as volunteers.

13 Jan 2022
Thursday
6:00 pm – 8:00 pm

Online
via
Zoom

Cost: Free for current Jami volunteers, otherwise £25

Understanding Self-Harm



Many of us may be familiar with the term self-harm but as a condition it continues to be misunderstood by the community as well as health and social care professionals often leading to stigma and distress. Join us to further understand self-harm and how we can provide support to those who need it.

Cost: Free for current Jami volunteers, otherwise £25

Monday, 6:00 pm – 8:00 pm

31 Jan
2022

Tuesday, 11:00 am – 1:00 pm

8 Feb
2022

Online via Zoom

Understanding the Impact of Trauma



In mental health terms, 'trauma' is usually understood to be an emotional shock or disturbance that is so overwhelming it leaves us disorientated and experiencing a loss of confidence and self-worth.

During this seminar we will look at the different types of trauma. This includes the impact of collective trauma, the current thinking around trauma and mental illness and how trauma might impact on people's lived experience and continue to play a part in their lives.

Tuesday, 6:00 pm – 8:00 pm

8 Mar
2022

Online via Zoom

Cost: Free for current Jami volunteers, otherwise £25

Boundaries (deep dive)



An additional course for those of you who have learned alongside us either this year or last year on the topic of boundaries.

Why are boundaries so tricky for us to define and maintain?

They go to the heart of human relationships and are often the reason why they can come unstuck. Boundaries are an important factor in mental health support so come along and hear more about holding them with compassion and authenticity.

Monday, 5:15 pm – 7:15 pm

23 May
2022

Online via Zoom

Cost: Free for current Jami volunteers, otherwise £25



Mental Health First Aid

“

Very informative and eye-opening. ”

Jami provides a range of accredited Mental Health First Aid courses (MHFA). If you would like to book a course for your group, workplace or synagogue, please email education@jamiuk.org

MHFA Adult Champion

We are offering this 6-hour course, delivered over two evenings, to train you as an MHFA Champion. This course gives you: an understanding of common mental health issues; knowledge and confidence to advocate for mental health awareness; ability to spot signs of mental ill health, and skills to support positive wellbeing. You will get a certificate of completion, and an extensive manual to refer back to. This course is ideal for anyone looking to learn practical skills to support others with their mental health, for example in your workplace or in your community.

6:30 pm – 9:30 pm

Wednesday

10 Nov 2021

Wednesday

17 Nov 2021

Monday

17 Jan 2022

Monday

24 Jan 2022

Monday

25 Apr 2022

Monday

2 May *

Online via Zoom Cost: £55

**Provisional, depending on demand*

MHFA Youth Champion

In recent months there has been an increase in concern around young people's mental health in our community. If you are a parent, teacher or youth worker and want to learn more about a variety of mental health problems and increase your confidence in supporting young people, then this is the course for you.

Mondays, 6:30 pm – 9:30 pm

25 Oct 2021

1 Nov 2021

Online via Zoom Cost: £55

MHFA Adult Refresher

For those who have trained on MHFA Adult Two Day or One Day Course in the past 3 years.

Join us to refresh your knowledge on Mental Health First Aid. This half day course will update your knowledge of mental health and keep your awareness fresh and empowering. The course will also provide opportunities to practice applying the Mental Health First Aid action plan you learned on your initial course.

Tuesday, 5:15 pm – 9:15 pm

22 Feb 2022

Online via Zoom

Cost: £25



Carers & Families

“

I felt that the group really gelled making for a friendly atmosphere where we could all talk freely. The facilitator is a wonderfully understanding leader.

”

Burnout & Self Care



We all have different experiences of caring for others during Covid-19 and now we hope, beyond. Do you feel emotionally worn out or find yourself looking for quick fixes that do not help? Whatever your role as a carer, whether it be for family or as a professional, join us to ponder the 'cost' of caring, how to recognise burnout and find strategies for prevention and recovery.

Wednesday, 7:30 pm – 9:00 pm

17 Nov
2021

Online via Zoom

Cost: Free for anyone who has used Jami services in the last three months; otherwise, suggested donation: £10

Boundaries for Carers



Health and social care workers often talk about establishing healthy 'boundaries' to maintain our wellbeing. Yet we know how hard it is for mental health carers to maintain these boundaries in a sustainable way. Come along to this empathic workshop to look at both the hurdles and the opportunities for creating, maintaining and benefitting from boundaries both for you and the person you care for.

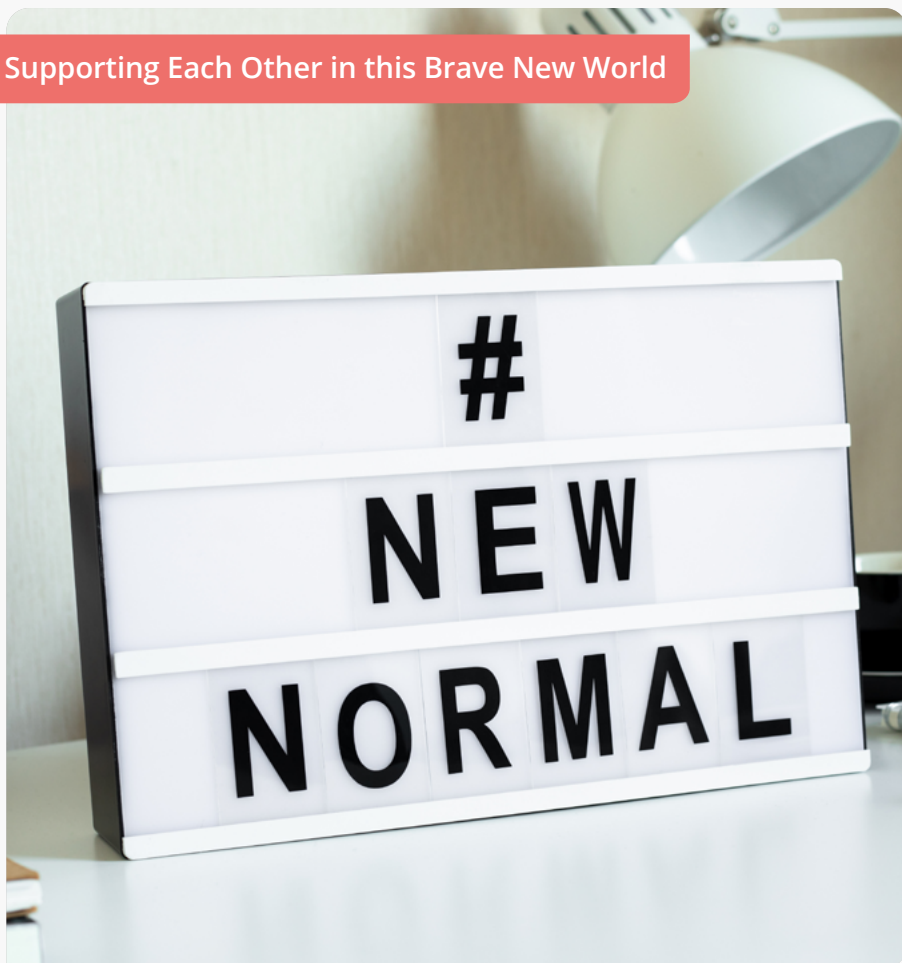
Tuesday, 7:30 pm – 9:00 pm

8 Feb
2022

Online via Zoom

Cost: Free for anyone who has used Jami services in the last three months; otherwise, suggested donation: £10

Supporting Each Other in this Brave New World



We've learned so much about ourselves during the pandemic, we've experienced pain and heartache too. Yet here we are in a digital age with the challenges of social media to navigate and people to look after with mental illness. How can we continue to move forwards to support others whilst also taking care of ourselves? Join us to bring your reflections and listen to others and learn together.

Wednesday, 7:30 pm – 9:00 pm

**27 Apr
2022**

Online via Zoom

Cost: Free for anyone who has used Jami services in the last three months; otherwise, suggested donation: £10

THE MENTAL HEALTH AWARENESS SHABBAT

7 & 8 JANUARY 2022

The Mental Health Awareness Shabbat (MHAS) aims to raise the profile of mental health in the Jewish community.

The Jami Education team are able to provide and advise on educational workshops and events to mark MHAS.

If there is anything within this prospectus that you would like to offer in your community or to register to receive a Mental Health Awareness Shabbat Resource Pack for 2022 please contact laura.bahar@jamiuk.org or call Laura Bahar on 020 8458 2223.

BROUGHT TO YOU BY

Jami

The Mental Health Service for our Community



In the Hub

“

Thoroughly enjoyed from start to finish and only wished it could have been longer!

”

Book One:



Learning from Covid

Some of us may be looking at Covid in our rear-view mirror. Others of us may be feeling the resonance of the pandemic for a while longer. Whatever our experience, the past year has coloured all our lives in different ways; both positive and negative. But what have we learned about ourselves, our values, and our ability to be resilient? What lessons can we share with others and take with us as we move forward?

Monday, 11:30 am – 1:00 pm

11 Oct 2021

Online via Zoom

Cost: Free for current Jami service users



Reconnecting with the World

We might feel the need to take a step back when we're unwell. In these circumstances we can lose our familiarity with the outside world. So, how can we ease ourselves back into the community? What worries or pressures may we have or feel? And what can we learn from each other to help overcome these challenges?

Monday, 11:30 am – 1:00 pm

8 Nov 2021

Online via Zoom

Cost: Free for current Jami service users

Impact Of Lockdown On Relationships And Connections



We're increasingly moving to more virtual forms of communication. The advent of social media and video chat have been a game changer for many. It was a particular lifeline during Covid-19. But what are the pitfalls of socialising and interacting with others online? How may it make it harder to communicate face-to-face? What are the difficulties and anxieties associated with transitioning to virtual communication and back again? And which face-to-face communication benefits do we lose out on?

Monday, 11:30 am – 1:00 pm

13 Dec 2021

Online via Zoom

Cost: Free for current Jami service users

Regaining Our Freedom



Epictetus asked: "Is freedom anything else than the right to live as we wish?". Many events in life may stop us living as we please. Whilst these obstacles prevent our progress or our ability to accomplish our goals, they are also a learning point, teaching us how far we are willing to challenge ourselves to reach that end goal. What are we prepared to risk? And what may be a step too far?

Monday, 11:30 am – 1:00 pm

10 Jan 2022

Online via Zoom

Cost: Free for current Jami service users

Book Two:

Coping with Stress



Unfortunately, stress is an inevitability in life. We will all feel it at times. Whilst we can't eradicate it entirely, we can use stress management techniques to keep it at a manageable or even helpful level. After all, stress can be a positive force to keep us motivated and safe. So, how can we leverage the helpful parts of stress and manage the parts we find trickier?

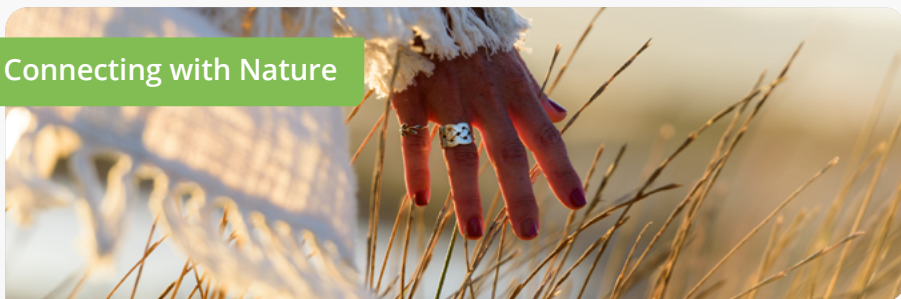
Monday, 11:30 am – 1:00 pm

14 Feb
2022

Online via Zoom

Cost: Free for current Jami service users

Connecting with Nature



An increasing body of research reveals spending time in nature can help us manage stress levels and have a positive impact on our mental health. But many of us don't take advantage of the opportunity nature provides to soothe and calm. Do we underestimate the value of nature? Why is the great outdoors so powerful for our wellbeing? And how can we use it whether or not we are able to get out of the house?

Monday, 11:30 am – 1:00 pm

14 Mar
2022

Online via Zoom

Cost: Free for current Jami service users

Helpful Habits



Helpful habits, rituals and structure can be a piece of our stress management puzzle. Many of us find familiar routines and rituals helpful particularly when change or uncertainty strikes. How can we create useful habits in the first place? Where can we find sources of meaning in our familiar rituals? And how can we maintain these better habits long-term?

Monday, 11:30 am – 1:00 pm

11 Apr
2022

Online via Zoom

Cost: Free for current Jami service users

Book Three:

Decluttering



“Tidy home, tidy mind” has been around since the late 1940s and it’s a cliché for a reason. Perhaps you find it hard to relax when there’s mess around you? Or your brain feels like it’s bursting at the seams with all the overthinking you’ve been doing? For many of us there is a relationship between our living or working environment and our mental wellbeing. Let’s explore what strategies we can put in place for a mental de-clutter.

Monday, 11:30 am – 1:00 pm

9 May
2022

Online via Zoom

Cost: Free for current Jami service users

Learning From Each Other



Life is a learning curve. Our brains are always storing away new bits of information and we grow when we learn from our mistakes. There are multiple avenues for learning, but most often we turn to Google. We all forget that those around us are a resource for learning too. So, what can we learn from each other and how we can share our own knowledge?

Monday, 11:30 am – 1:00 pm

13 Jun 2022

Online via Zoom

Cost: Free for current Jami service users

Maintaining Motivation



Motivation can be elusive. We all know the feeling when we need to do something, but we just can't find the energy. Motivation isn't static, it ebbs and flows. We may find ourselves less motivated when life is stressful or when the outside world is confusing or disappointing. How can we maintain our levels of motivation? Or learn to maximise the times we feel motivated and give ourselves time to relax when motivation is lower?

Monday, 11:30 am – 1:00 pm

11 Jul 2022

Online via Zoom

Cost: Free for current Jami service users

Booking information

Course etiquette



We welcome many people on our courses and provide supportive learning environments.

So that we can provide high quality courses we need to ensure everyone abides by the Jami Education course etiquette. We keep it nice and simple so everyone is clear. By booking on our courses you have signed up to our **6 star learning contract**:

- * Respect each other as individuals
- * Listen to each other without interruption
- * Help us to ensure we all learn in a safe, non-discriminatory environment
- * Arrive on time and abide by course boundaries set by the facilitators
- * Take responsibility for your learning by letting us know anything relevant that will help you get the most from our courses
- * Be thoughtful about what you want to bring and of our boundaries in the session or group. In particular, the nature of virtual sessions may mean we end up sharing more than we meant to

How to book



Book online at jamiuk.org/events or email us at education@jamiuk.org.

When we have processed your form, we will contact you with a booking confirmation via email.

If you have any questions about specific events or courses or the booking process, please contact us at education@jamiuk.org or call us on **020 8458 2223**.

Head Room Café Online

Schedule

We will be changing the online programme from time to time as well as introducing in-person groups and sessions. Please check our website and social media for up-to-date information:
www.headroomcafe.org
[@headroomcafe](#) Facebook [Insta](#)

Peer Support Group

Mondays 11:00 am – 12:00 pm
Fridays 2:00 pm – 3:00 pm

This hour is dedicated to giving and receiving support. Join our friendly group to share your experiences and hear about others in a non-judgmental space. We start and end with short, guided meditations followed by a sharing circle. We end by reflecting on the themes covered and offer mutual support. (Formally known as Sharing Circle)

Kind Co-Working

Tuesdays 11:00 am – 1:00 pm
Thursdays 11:00 am – 1:00 pm

Would you benefit from working in a shared online space? Drop by our meeting with any projects you are working on – an essay, a job application, your freelance work, your memoirs, your drawing or even your ironing. The session begins and ends with an optional check in/out and mindfulness exercises. The rest of the session is divided into 25min work segments (inspired by the pomodoro technique).

Poetry Reading Group

The second Tuesday of every month 7:00 pm– 8:00 pm

Join our friendly monthly group where Liz, from The Reader, brings poems with a theme to enjoy together. Come to simply listen and read on-screen or join in the conversation – everyone is welcome!

Creativity4All

Wednesdays 2:00 pm – 3:00 pm

Join us to explore your creativity! Bring some pens, paper, and any art supplies you have. Everyone is welcome, whatever your experience, however you are feeling. You can join in as much or as little as you like, the emphasis is on connection, peer support and process.

Community Walking Group

Thursdays 3:30 pm – 4:30 pm

Join us for a leisurely walk from Head Room Café to Golders Hill Park. This is an opportunity to move your body, meet new people or just have a bit of 'me time'. Like all our groups at Head Room Café this group is open to everyone and you can participate as much or as little as feels right for you.

We will leave the café at 3:30Pm sharp. Tracy, will be sitting at a table outside the café from 3pm so feel free to come by for a tea before the walk. In the case of heavy rain or wind the walk will not take place.

Community Conversations

Thursdays 6:30 pm – 7:30 pm

Join our lively discussion group which is inspired by the French café-débat. The group decides what to discuss, facilitated by a member of the Head Room team.

Community Reflections

The first Friday of every month 3:15 pm – 4:15 pm

Join us for an interactive session to discuss and reflect on our café's activities and values. We will share news and updates, reflect on the previous month, and explore any ideas you may have for our future.



SIP. SHOP. SHARE

Get social with
[@headroomcafe](#) on  

For more information, Zoom links for each group and additional sessions, visit headroomcafe.org



Become a Jami Ambassador

Join Jami's team of amazing ambassador volunteers. With our specialised training and support, you can help your synagogue or community to take the next steps to better mental health.

Visit jamiuk.org/ambassador to find out more and to apply.

Or email Laura at laura.bahar@jamiuk.org for further information.

To learn more about our services, please visit jamiuk.org

Telephone **020 8458 2223** | Email info@jamiuk.org



Registered with
**FUNDRAISING
REGULATOR**

Registered charity no. 1003345

Jami

The Mental Health Service for our Community

Struggling to cope is more normal than you think.

Uncertainty and isolation can cause any of us to experience feelings of distress or anxiety. Whatever you are going through, you don't have to face it alone.



If you need support or are supporting someone who needs help, contact Jami.
jamiuk.org/get-support or call **020 8458 2223**



If you're struggling to cope or need immediate help, contact Shout's 24/7 crisis text service.
Text **Jami** to **85258**



Free, safe and anonymous online counselling and support. **qwell.io/jami**

Change the life of someone living with mental illness.
Donate today at jamiuk.org/donate



Registered with
**FUNDRAISING
REGULATOR**

Jami

The Mental Health Service for our Community

Registered charity no. 1003345

Jami Education

Jami encourages everyone to be in touch with their own mental health, improve understanding and challenge stigma.

The Jami Education team provide a programme of workshops, seminars and other learning opportunities to schools, synagogues and organisations, to increase peoples' mental health literacy.

Visit jamiuk.org | Telephone 020 8458 2223 | Email education@jamiuk.org

 @JamiPeople |  @JAMIMentalHealth

Jami

The Mental Health Service for our Community